

Winter/Spring 2010

WARF GROUP FITNESS SCHEDULE

LAND Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TNT 8:30 am - 9:20 am	Cycle 8:30 am - 9:20 am	Sculpt 8:30 am - 9:20 am	Cycle 8:30 am - 9:20 am	Jab, Kick & Core 8:30 am - 9:20 am	Cycle 8:30 am - 9:20 am
Functional Core 9:30 am - 10:20 am	Sculpt I/II 9:30 am - 10:20 am	Mat Pilates 9:30 am - 10:20 am	Sculpt I 9:30 am - 10:20 am	Strength Pilates 9:30 am - 10:20 am	Sculpt I/II 9:30 am - 10:20 am
Cycle 10:30 am - 11:20 am	Yogalates 10:30 am - 11:20 am	Cycle 10:30 am - 11:20 am	Fit Yoga 10:30 am - 11:20 am	Cycle 10:30 am - 11:20 am	Yoga in the Iyengar Style** 10:30 am - 12:00 pm
NEW! Gentle Yoga 11:30 am - 12:20 pm	Strength & Stretch 11:30 am - 12:20 pm	Gentle Core 11:30 am - 12:20 pm	Strength & Stretch 11:30 am - 12:20 pm	NEW! Zumba GOLD 11:30 am - 12:20 pm	
Fit Yoga 5:30 pm - 6:20 pm		Fit Yoga 5:30 pm - 6:20 pm			
NEW! Strength Pilates 6:30 pm - 7:20 pm	Zumba 6:30 pm - 7:20 pm	Functional Core 6:30 pm - 7:20 pm	Zumba 6:30 pm - 7:20 pm		
Cycling 7:30 pm - 8:20 pm	Athletic Conditioning 7:30 pm - 8:20 pm	Cycling 7:30 pm - 8:20 pm	Jab, Kick & Core 7:30 pm - 8:20 pm		

** Indicates Specialty Class. Additional Fee for Members.

WATER Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics <i>Shallow Water</i> 8:15 am - 9:05 am		Water Aerobics <i>Shallow Water</i> 8:15 am - 9:05 am		Water Aerobics <i>Shallow Water</i> 8:15 am - 9:05 am	
Water Aerobics <i>Deep Water</i> 9:15 am - 10:05 am		Water Aerobics <i>Deep Water</i> 9:15 am - 10:05 am		Water Aerobics <i>Deep Water</i> 9:15 am - 10:05 am	
Water Aerobics <i>Shallow Water</i> 10:15 am - 11:05 am Surf & Turf! Compliment your water aerobics class on land with Gentle Yoga @ 11:30!	Walk It Off 10:15 am - 11:05 am Surf & Turf! Compliment your water walking class on land with Strength & Stretch @ 11:30!	Water Aerobics <i>Shallow Water</i> 10:15 am - 11:05 am Surf & Turf! Compliment your water aerobics class on land with Gentle Core @ 11:30!	Walk It Off 10:15 am - 11:05 am Surf & Turf! Compliment your water walking class on land with Strength & Stretch @ 11:30!	Water Aerobics <i>Shallow Water</i> 10:15 am - 11:05 am Surf & Turf! Compliment your water aerobics class on land with Zumba GOLD @ 11:30!	NEW! Aqua Zumba 10:30 am - 11:20 am
Water Aerobics <i>Shallow Water</i> 7:15 pm - 8:05 pm		NEW! Aqua Zumba 7:15 pm - 8:05 pm	Water Aerobics <i>Shallow Water</i> 7:15 pm - 8:05 pm		

Fitness Classes are FREE and UNLIMITED for Members!
(Excludes Specialty Classes, see back for details)

CLASS DESCRIPTIONS

CYCLE - Cycle is a great way to get fit with 45 minutes of non-impact cardio and 5 minutes stretching at the end. Wear comfortable clothes and pants that are not loose at the ankles and spin shoes or "sneakers". Be ready to move! Please arrive 5 minutes early to set up your bike.

YOGALATES - This class is appropriate for all levels, but you need to be able to easily get up and down off the floor. This class focuses on strength, flexibility and balance with an emphasis on building core strength. Wear comfortable, loose clothing and plan to remove shoes & socks.

SCULPT - Weight training using stability ball, hand weights, body bar, bands and medicine ball. 45 minutes of toning/strength with 5 minutes of stretching at the end. Come 5 minutes early to set up.

WATER AEROBICS - Come and join your peers for WARF Water Aerobics. Lose weight, gain condition and get toned in these fun, energetic classes for all ages. Shallow and Deep water classes available.

ATHLETIC CONDITIONING - Combine alternating cardio and sculpt for an effective calorie burning workout. Intensity can be modified to make class appropriate for beginners to athletes.

WALK IT OFF - Join the WARF's Water Walking class, "Walk It Off," a resistance training class that utilizes water currents in the facility's lazy river. Use different movements and techniques to maximize your workout.

GENTLE CORE - Strengthen lower back, abs and glutes. Perfect for those who need a less strenuous workout.

STRENGTH PILATES - This class combines the matwork and resistance tools to challenge and build stronger abdominal and back muscles. Enjoy improved posture, flexibility and balance.

TNT (Tone n' Tighten) - Sculpt based class with light cardio mixed in to maintain training heart rate. Appropriate for all levels.

FUNCTIONAL CORE - Strengthen lower back, abs and glutes in a fun and effective workout. All levels welcome.

STRENGTH & STRETCH - A workout designed for those who are

new to class exercise or who are looking for a less strenuous way to strengthen and improve flexibility and balance. Class is 25 minutes of toning followed by 25 minutes of gentle stretching and balance work.

FIT YOGA - Hatha Yoga for the fitness enthusiast! Great for runners and sports buffs who need to stretch, lengthen and improve strength. Great way to compliment other forms of exercise.

MAT PILATES - This training helps improve posture and core strength. Exercise modifications make this workout safe for all levels of ability.

GENTLE YOGA - Combines gentle movements with breath. Perfect for beginners, people with specific limitations and those recovering from injury. For those who need them, chairs may be used as an option.

JAB, KICK & CORE - 50 minutes of total body work. This is a fantastic workout to perfectly compliment all exercise programs. Weighted gloves optional.

AQUA ZUMBA - Enjoy the fun, calorie burning Latin moves of Zumba in the format of a low impact water class.

ZUMBA - Zumba is an aerobic dance class set to South American beats. Here's what participants have to say: "A Latin based cardio workout for ANYBODY!," "A way to dance yourself to fitness, and you don't even have to know how to dance!," "The most fun you can have while you exercise, tone and lose weight," "Exercise in disguise" "You can't really define Zumba, you have to experience it!"

FREE for members

Non-Member cost: \$8.00

ZUMBA GOLD - Zumba Gold is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba and Zumba GOLD is that Zumba GOLD is done at a lower intensity, not as fast, but it certainly is as fun! The same great Latin styles of music and dance are used!

FREE for members

Non-Member cost: \$8.00

SPECIALTY CLASSES

(Additional Fee for Members)

YOGA IN THE IYENGAR STYLE

A form of Hatha Yoga that is characterized by great attention to detail and body alignment. The class consists of a practice of asanas (poses), emphasizing strength, flexibility, awareness and deep relaxation. Appropriate for new or continuing students. A variety of props are provided. Students should bring or plan to purchase 2-3 sturdy blankets.

Member Price \$8.00

Non-Member Price \$12.00

PRICES

Fitness Classes are FREE and UNLIMITED for Members!
(Excludes Specialty Classes)

Non-Member Prices:

Drop-In \$6.00

12 Punch Pass \$57.00

20 Punch Pass \$81.00

Please note that children 12 & under are NOT permitted in Group Fitness Classes.

Notice: Space and equipment in classes are allotted on a first come, first served basis. Please arrive at least 5 minutes early to set up your space and equipment.

Revised: March 24, 2010